



Photo by Airman Jason Burton

## Fire 'mascots' visit Whiteman elementary

Sparky the Fire Dog, Smokey the Bear and Greg Smith, 509th Civil Engineer Squadron Fire Department captain, talk to Whiteman Elementary School students about fire safety. Subjects covered were the importance of 911, how to stay low to the ground during a fire, and how to stop, drop and roll. Students also participated in a coloring contest where prizes were awarded for first, second, and third-place for each grade.

## NORI Countdown: 6 days

### News in Brief

#### Finance closes temporarily

Finance customer service closes today at noon for a combined safety call and squadron activity. If you need immediate assistance, call Master Sgt. Dannette Nall at 660-525-4283 or Maj. Bryce Thorpe at 660-441-3019.

#### 'Cookie bus' to visit during NORI

Donations are needed for the "cookie bus." The "cookie bus" is a snack service that will provide drinks and snacks to wing members during the NORI exercise Wednesday through Oct. 29. Cookies, brownies, muffins, prepackaged snack crackers and granola bars can be donated at the chapel Annex Oct. 22-29.

For more details, call Rhonda Miller at 563-3706 or Joyce Petrek at 563-3119. This event is sponsored by the Whiteman first sergeants, the base chapel and the officers and enlisted spouses' clubs.

#### Mizzou honors military members

The University of Missouri offers discount tickets to the Nov. 6 football game vs. Kansas State.

Game time has not been determined, but the \$12 ticket includes admission to a free pregame tailgate party for Whiteman members. Tickets must be pre-purchased and picked up through first sergeants. Transportation will be provided.

#### Military Family Month approaching

To recognize the importance of the military family here, the family support center is conducting a poster contest, now until Oct. 31. Children of military members can bring a hand-drawn poster to enter in the contest, at the FSC. The posters will be displayed at the FSC.

On Nov. 4, the posters will be judged and winners will receive prizes. The contest will be divided into three categories: Ages 1-6, 7-12, and 13-18. For more details, call the FSC at 687-7132.

### Inside

❖ CFC update .....	Page 3
❖ TSP open season begins today .....	Page 4
❖ Airmen take escort duty .....	Page 5
❖ Leave Web opens more options .....	Page 7
❖ Fire Prevention Week photos .....	Page 12-13
❖ Date violence prevention tips .....	Page 15
❖ Whiteman Spirit Award .....	Page 17
❖ Whiteman teen earns athletic scholarship	Page 18
❖ For Your Information .....	Page 20

# AF uniform board alters design

By Tech. Sgt. David Jablonski

Air Force Print News

WASHINGTON — Based on feedback from the six-month wear test, Air Force Chief of Staff Gen. John Jumper decided to expand the current test program to include a pixilated tiger-striped pattern in a new color scheme on the proposed utility uniform.

The expansion does not involve a full test; instead, there will be a limited production to test pattern and color, said Senior Master Sgt. Jacqueline Dean, the uniform board superintendent.

"The color scheme is only one of many improvements we are testing," Sergeant Dean said.

A small, select group of testers will wear the newest pattern. The solid tiger-striped pattern with its dominant blue overtones is gone. The latest pixilated test pattern has a more subdued color scheme and is not nearly as distinctive as the one unveiled at the start in August 2003; yet it provides the distinctiveness Airmen have requested, officials said.

"We have sufficient input from Airmen throughout the Air Force to ensure that our uniform decisions are on target with regard to wear, ease of maintenance and fit,"

Sergeant Dean said. "We kept hearing throughout the test that Airmen loved the wash-and-wear feature and the fit. The design of the uniform will essentially stay the same, with minor modifications based on the wear-testers' recommendations."

General Jumper will announce the final decisions regarding the new utility uniform once the test data are analyzed and presented. Determination is expected within the next two months, officials said.

The new design represents a uniform that could be universally worn in all environments, Sergeant Dean said. The unique fit and design will remain the same, as Air Force officials said they want a distinctive uniform for Airmen that fits better, and is easier and less expensive to maintain.

"There really wasn't much that Airmen didn't like about the design of the uniform," she said, basing her comment on the large volume of feedback the board received via e-mail, surveys, focus groups and online questionnaires. "We really did capture what they needed and what they wanted."

"The chief of staff listened to the Airmen," Sergeant Dean said. "We asked what they wanted in a uniform, what they needed in a uniform and, as a result, this is exactly what we're getting."



Photo by Airman Jason Burton

Master Sgt. Jeffrey Fields, 509th Maintenance Squadron, donates peanut butter to First Term Airmen Center students Airman Tashanna Pollard, 509th Security Forces Squadron, Airman 1st Class Janice Prudente, 509th Comptroller Squadron, and Justin Marr, 509th SFS. The Airmen were collecting food for the family support center food pantry and deployed Airmen. The Airmen donated more than 50 hours of community services. During those hours, the Airmen collected more food than what had been donated to the pantry in the past year.

# Leadership: a skill developed, not inherited

By Col. Curtiss Petrek

509th Operations Group Commander

What makes a good leader?

Military men and women have probably asked this question since the first soldier took an oath to protect his country. Webster's defines a leader in the simplest of terms: "One in charge or in command of others."

From practical experience, I can tell you that being in charge or in command of others is not simple, especially if you want to be a good leader. Let me offer you some thoughts about leadership that I've learned over the years. These thoughts are an accumulation of things I've heard, read, witnessed and experienced, and have stood the test of time.

First, one is not born a good leader, one must develop into a good leader. In the area of leadership, just as every other area, an Airman can always improve. Never adopt the attitude that you can't improve your leadership skills. As soon as you think you've completely developed as a good leader, you cease to be a good leader. Leadership is too dynamic for a person to be content with his current skills. Always strive to improve your skills. You will benefit, those who depend on you will benefit, and those you lead will benefit.

One of the first things I realized as a leader is that there never seems to be enough time, money or manpower to get the job done. Ineffective leaders are often overcome by these shortfalls, become discouraged and are surrounded by a "woe is me" aura. A good leader realizes it's his job to take the resources he has and get the job done. This means establishing priorities, balancing shortfalls, giving your people the best training and providing the best work envi-



Photo by Senior Airman Joe Lacdan

Col. Curtiss Petrek, 509th Operations Group commander, talks with 2nd Lt. Meghan Liemburg-Archer, 325th Bomb Squadron, and Staff Sgt. Krista Messeman, 509th Operations Support Squadron, about leadership and how it affects others.

ronment for your people. If you do these things, you may not get everything done to perfection, but you can be satisfied that you got the most done that you and your people could do. A good leader also never loses sight of the crucial task at hand. Be careful or you'll miss the forest because of the trees. Keep a proper perspective of things and pass that perspective to your troops.

A third principle of leadership deals with work ethic. Never expect more from those you lead than you're willing to give yourself. A good work ethic is contagious. Set the example for your troops and they'll be more than

happy to carry their load.

The solicitation of ideas must be encouraged by a good leader. Previous experience may give you an inside track on how to get things done; however, you're not the only one with good ideas. Harvest ideas from members of your unit, implement those allowing you to be more successful, and allow time for those ideas to bear fruit.

As a leader, you'll be given the opportunity to make many decisions. Some are easy and some are hard to

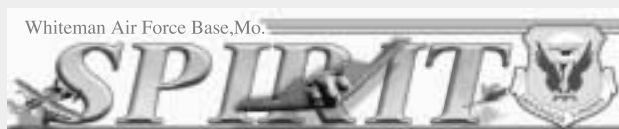
See LEADER, Page 15

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## Commander's Corner

By Col. Chris Miller

509th Bomb Wing commander

### AROUND THE BASE.

So many different ways, Whiteman people are doing good things to take care of others whether it's Airmen from the First Term Airmen Center helping collect food for our deployed Airmen and others in need, the 509th Services Squadron providing programs for kids and adults, Red Cross blood drives, medical professionals, chaplains out and about, Airmen Against Drunk Driving volunteers, our Combined Federal Campaign workers and donors—you're doing a super job of being teammates.

I salute those who take the time to mentor or help others—it's what keeps this a great place to live and

work!

**SAFETY.** Winter weather's closer than ever. Short days, wet streets ice and snow are hazards we should never take for granted. Stay alert and use good personal risk management to keep yourself, your coworkers and family safe!

### SCRIMMAGE TIME.

The Inspector General's visit next week is our chance to show anyone looking that we're ready to play the real game whenever and wherever tasked.

Staying focused, flexible and responsive just like we would if the exercise scenario were real world—those are keys to success.

Thanks for the hard work you've all put into being ready to fight as a team. Let's roll on!

edited, prepared and provided by the Office of Public Affairs of the 509th Bomb Wing, Whiteman AFB, Mo. All photos in the *Whiteman Spirit* are official U.S. Air Force photos, unless otherwise noted. The Services Page is a supplement to the *Whiteman Spirit* and is provided by the 509th Services Squadron.

**The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.**

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111  
Whiteman AFB, Mo. 65305





Photo by Airman Jason Burton

**Lt. Col. (Dr.) Jana Dykes and Airman 1st Class Ashley Arnold, dental assistant, work on a patient at the dental clinic. They are 509th Medical Operations Squadron members.**

## Air Force still needs health professionals

**RANDOLPH AIR FORCE BASE, Texas —**

The Air Force exceeded its enlisted recruiting goal by sending 34,362 people to basic military training in fiscal 2004, but the service was unsuccessful in finding enough physicians, dentists and nurses to meet its health professions goal.

The Air Force had an enlisted recruiting goal of 34,080.

During FY04 the service recruited 767 health professionals achieving 83 percent of its goal of 923.

"I salute the efforts of our recruiters who are working hard to find America's best and brightest for our all-volunteer force," said Brig. Gen. Robert Remkes, Air Force Recruiting Service commander. "We remain committed to recruiting a diverse, high-quality volunteer force that is representative of the country it serves. In accomplishing this, we must also stay focused on recruiting people in the right skills, at the right time and in the right numbers."

Besides doing well enlisting Airmen, the service also exceeded its goal commissioning officers into critical career fields including engineers, scientists and weather officers.

With the start of the new fiscal year, General Remkes emphasized that America's Air Force needs hundreds of doctors, nurses and pharmacists as well as people qualified for special operations, such as pararescuemen and combat controllers.

Beginning with basic training and depending on their specialty, enlisted Airmen earn 12 to 72 accredited hours through their Air Force training, putting them on track to earn an associate's degree in one of more than 60 fields of study from the Community College of the Air Force. CCAF is the largest community college in the world and is the only community college in the Department of Defense.

"Although the Air Force offers numerous benefits, basic military training surveys continue to indicate the opportunity for further education as the top reason people join the Air Force," General Remkes said.

## Last chance to make CFC donation

The annual Combined Federal Campaign ends Tuesday. The wing's goal is to top \$140,000, which is an increase from last year's goal of \$100,000. The total as of Wednesday was \$70,117. Donors can choose where their gift will go. You can choose up to five charitable organizations to make donations to. The program began Sept. 22.

The annual fundraising campaign helps to support a variety of health, human, and other services provided by more than 2,000 charitable agencies.

The CFC catalog lists charitable organizations ranging from local organizations such as Johnson County H.E.L.P. to international organizations such as Doctors Without Borders.

To search for various non-profits go to <http://www.heartlandcfc.org>. Accountability can also be key to CFC, local volunteers from the Federal Government evaluate each non-profit annually. Finally, payroll deduction makes it easy to help your charity throughout the year. Each year CFC touches one in six lives.

This year's base representatives are 1st Lt. Beth Robinson, 509th Operations Support Squadron, and 2nd Lt. Darice Kiefer, 509th Maintenance Squadron. Your unit's CFC representative should have contacted members with a catalog and donation card. For more information or questions, contact your unit's CFC representative.

The Whiteman CFC points of contact are:

**2nd Lt. Jennifer Pickett**, 509th Bomb Wing-staff

**Airman 1st Class Sharath Chandra**, 509 Comptroller Squadron,

**2nd Lt. Tom Hamlyn**, 509th Operations Group,

**2nd Lt. Justin Leifeld**, 325th Bomb Squadron,

**2nd Lt. Phyllis Pelky**, 393rd Bomb Squadron,

**2nd Lt. William Dye**, 394th Combat Training Squadron,

**2nd Lts. Evan Schonour and Sean McConnell**, 509th OSS,

**1st Lt. Kevin Hunt**, 509th Maintenance Group,

**Master Sgt. Angela Catchings**, 509th Aircraft Maintenance Group,

**2nd Lt. Darice Kiefer**, 509th MXS,

**Senior Master Sgt. Wesley Maxwell**, 509th Maintenance Operations Squadron,

**Master Sgt. Arthur Chesley**, 509th Munitions Squadron.,

**1st Lt. Nate Hogan**, Mission Support Group,

**Master Sgt. Giles Silver**, 509th Logistics Readiness Squadron,

**Senior Airman Shelton Watson**, 509th Contracting Squadron,

**Master Sgt. Eric Dannenberg**, 509th Civil Engineer Squadron,

**Tech. Sgt. Gordon Severs and Master Sgt. Marcus Gray**, 509th Mission Support Squadron,

**1st Lt. Rosanna Wadkins**, 509th Services Squadron,

**Staff Sgt. Brian Mosley**, 509th Communications Squadron,

**2nd Lt. Josh Methe**, 509th Security Forces Squadron,

**Maj. Charlene Reith**, 509th Medical Group



**Col. Connie Davis**, 509th Mission Support Group commander, makes a donation to the Combined Federal Campaign to the organization of her choice. The deadline to make a CFC donation is Tuesday. Also pictured is 1st Lt. Nate Hogan, 509th MSG.



Photos by Airman Jason Burton

**Col. Chris Matson**, 509th Maintenance Group commander, makes a donation to Combined Federal Campaign, as 1st Lt. Kevin Hunt, 509th MXG, looks on.

**2nd Lt. Phillip Oliphant**, Medical Support Squadron,

**Staff Sgt. Jennifer Baty**, 509th Medical Operations Squadron

**Ms. Rachel Phillips**, OSI Detachment 207

**Senior Airman Amber Euman**, Det 5, 29th Training Systems Squadron

**2nd Lt. Jeff Hendricks**, 72nd Test and Evaluation Squadron,

**2nd Lt. William Dye**, Detachment

12, Air Combat Command Training Support Squadron

**2nd Lt. Jeff Hendricks**, 715th Weapons Squadron

**Tech. Sgt. Douglas Clifton**, 372nd Training Squadron, Detachment 6

**Capt. Robert Fritts**, 442nd Fighter Wing, and

**1st Lt. Derrick Jennings**, Missouri Army National Guard.

# TSP open season begins today

**By Master Sgt. Randy Mitchell**  
Air Force Personnel Center Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the “open season” today to Dec. 31.

“TSP is a long-term retirement savings plan, which everyone should consider,” said Senior Master Sgt. Felipe Ortiz, superintendent of the Air Force Personnel Contact Center here. “It’s a great supplement to military and civilian retirement plans.

“It’s also important to note that TSP is not limited to investing in stocks,” he said. “People can choose safer government securities as well.”

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they’re not tied to open seasons, said Janet Thomas, of AFPC’s civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute, while not having to pay taxes on earnings until they reach retirement.

“Eligible employees can take out loans and make in-service withdrawals from their TSP accounts,” Ms. Thomas said. “And you can keep your account, even if you leave military or federal civilian service.”

Investment money is deposited directly from each paycheck “so you never have to think about it,” Sergeant Ortiz said. “That makes it easy to ‘pay yourself first’ while only investing what you deem appropriate.”

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

“As with any individual retirement account, the sooner you begin contributing, the better,” Ms. Thomas said.

Contribution elections or changes made between today and Dec. 11 will take effect Dec. 12, for both military and civilian employees.

Changes made on or after Dec. 12 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Some of the specifics of the program include:

## Military

✓ Military members can contribute up to 10 percent of their base pay, as long as the annual total of tax-deferred investment does not exceed \$14,000 for 2005. Airmen also have the ability to invest all or part of their bonuses or special pay.

✓ Those serving in tax-free combat zones are allowed up to \$41,000 in annual contributions.

✓ Service members can enroll through the Defense Finance and Accounting Service Web site at <http://www.dfas.mil/emss/>. They can also enroll by filling out a TSP-U-1 form at the military personnel flight, finance office or family support center.

✓ Contribution allocations (how an employee chooses to invest money among the five funds) can be made by calling the TSP automated ThriftLine, at 877-968-3778 for employees in the 50 states, Virgin Islands, Puerto Rico, Guam, American Samoa and Canada; or on the TSP Web site at <http://www.tsp.gov>.

✓ For general questions, call the AFPC contact center at 800-616-3775. Specific TSP information is available for Airmen at [http://www.afpc.randolph.af.mil/mpf/TSP/thrift\\_savings\\_plan.htm](http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm).

## Civilian

✓ Contribution limits for this open season are based on which retirement system an employee has.

✓ Federal Employees’ Retirement System employees may contribute up to 15 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to 4 percent as well as an automatic 1 percent each pay period, whether the employee contributes or not, making the government’s contribution 5 percent.

✓ Employees covered by the Civil Service Retirement System may contribute up to 10 percent of basic pay, but they do not receive any agency contributions.

✓ Beginning with open season there will no longer be percentage limits on how much either retirement system’s employees may contribute, Ms. Thomas said.

Contributions will be restricted only by the Internal Revenue Code’s annual limit, which is currently \$13,000 for 2004 and \$14,000 for 2005. In 2006, the limit will be \$15,000, and after 2006 increases will be indexed to the annual cost-of-living adjustment referred to in the tax code.

✓ Specific information is available for civilian employees from the Thrift Savings Plan Web site and the BEST Web site at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm>.

Air Force-serviced civilian employees will make their TSP contribution elections or changes electronically through the Web-based Employee Benefits Information System at [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm) or through the BEST automated phone system at 800-616-3775.

Hearing impaired employees may contact BEST by calling TDD 800-382-0893. Counselors are available weekdays 7 a.m.-6 p.m. CDT.

# Dorm contest winners announced



**First Place**  
Enterprise Hall



**Second place**  
Columbia Hall



**Third place/Most improved**  
Discovery Hall



**Best individual room**  
Airman 1st Class Steve Poettker  
509th Operations Support Squadron

The quarterly dorm contest winners were announced Tuesday at the base theatre.

Col. Chris Miller, 509th Bomb Wing commander, and Chief Master Sgt. Vicki Orcutt, 509th BW command chief master sergeant, presented the winners with certificates.

The winning dorms received prize money that will go toward improving the quality of life in the dorms.

First place and \$2,000 went to Enterprise Hall. Representing Enterprise were Airmen 1st Class Steve Poettker, 509th Operations Support Squadron, Clint Faddis and Benjamin Bulfer, 509th Munitions Squadron and Airman Deja Merritt, 509th OSS.

Second place and \$1,000 went to Columbia Hall. Columbia was represented by Airman 1st Class Mindy High, 509th Aircraft Maintenance Squadron. Third place and most improved was Discovery Hall, which also received \$500. Representing Discovery were Senior Airman Aneika Solomon and Airman 1st Class David Wooten, 509th LRS. The winner of best individual room was Airman Poettker. He received a three-day pass.

# Junior ROTC seeks retirees to help at new units

**By Master Sgt. Ralph Bitter**  
Air University Public Affairs

**MAXWELL AIR FORCE BASE, Ala. (AFPN)** — Airmen planning to retire within the next couple of years and Airmen who have retired within the past five years may want to look to Junior ROTC before storing their uniforms, said Jo Alice Talley. She is the Air Force Junior ROTC instructor management chief.

Air Force Junior ROTC will add 201 units by fall 2007, creating a need for an additional 402 aerospace science instructors to teach in high-school classrooms worldwide, Ms. Talley said.

“The mission of the (Junior ROTC) program is to build better citizens for America,” she said. “Many instructors find their relationships with the students, schools and communities the most satisfying aspect of the job.”

In early 2005, 50 Air Force Junior ROTC units will open and will need at least 100 new instructors for the 2005-2006 school year. In early 2006 and 2007, another 75 and 76 units, respectively, will open.

People from all career fields are needed, said Col. H.B. McCarraher, Air Force Junior ROTC director.

“It doesn’t matter what background the person had in the Air Force,” he said. “The leadership skills, customs and courtesies, academic background and professional military education are all excellent preparations for becoming a leader (and) role model in the Air Force Junior ROTC classroom.”

The Air Force Personnel Center at Randolph Air Force Base, Texas, recently added Air Force Junior ROTC teaching opportunities to the transition assistance program’s mandatory pre-retirement counseling to get the word out to people scheduled to retire.

Teaching in the Junior ROTC program is a satisfying experience, said retired Maj. Barbara Marshall-Coleman, the senior aerospace science instructor at a high school in Montgomery, Ala. The major said she especially enjoys preparing sophomores for their junior and senior years.

“Having students come to visit years later as officers and (noncommissioned officers) tells me that we are having a positive effect on the students we teach,” Major Marshall-Coleman said.

Senior Master Sgt. Jodell Dunlap, who is beginning her second month as an assistant aerospace instructor, said she enjoys watching students advance in the program.

“They are very different from (how) they were (at the beginning of the school year),” she said. “Junior ROTC gives them a secure place to have the freedom to learn and grow.”

Air Force officers or enlisted Airmen who retired from active duty within the past five years or less, and those who have at least 20 years of service may apply, Ms. Talley said. Active-duty Airmen may apply when they are within six months of their retirement date.

In some instances, the five-year date of retirement can be waived up to 10 years. Waiver consideration is based on the program needs and applicant qualifications.

Instructors wear the Air Force uniform and are expected to maintain appearance standards.

In addition, they receive, as a minimum, a salary equal to the difference between their retired pay and their active-duty pay and allowances.

For more information, call the Air Force Junior ROTC division toll free at 866-235-7682, ext. 35275 or ext. 35300. The DSN number is 493-5275 or 4935300.

Perspective applicants can also write: HQ AFOATS/JRI, 551 East Maxwell Blvd, Maxwell AFB, AL 36112-6106; or visit the Web site at [www.afoats.af.mil](http://www.afoats.af.mil) and then select the AFJROTC link.



Photos by Tech. Sgt. Robert Jensen

**Above:** Senior Airman Dana Kelly watches over workers as they wait to go to their job sites Oct. 4. Airman Kelly is a security escort with the 332nd Expeditionary Civil Engineer Squadron and is deployed from Eglin Air Force. **Inset:** Senior Airman Alfonso Santos organizes a group of workers while they inprocess here Oct. 4. He is a security escort with the 332nd Expeditionary Civil Engineer Squadron here and is deployed from Luke Air Force Base, Ariz.

# Escorts keep watch over foreign workers

By Staff Sgt. Ryan Hansen

332nd Air Expeditionary Wing Public Affairs

**BALAD AIR BASE, Iraq (AFP)** — Help wanted: Critical job working outside in sandy, arid 110-degree heat. Must leave comforts of home, family and friends for four months. Will provide perimeter security during increased threat levels and escort third-country and local nationals to job sites. Free travel!

If people read that ad in the newspaper, they probably wouldn't be sending in a resume anytime soon. However, most of the security escorts assigned to the 332nd Expeditionary Civil Engineer Squadron here not only volunteered for the job, they said they enjoy it.

About 60 Airmen perform the crucial job of escorting anywhere from 80 to 140 of the workers to different work sites throughout the base daily.

"We're the primary barrier between base personnel and the on-base (workers)," said Chief Master Sgt. Erik Price, security escort program manager who deployed from the Wisconsin Air National Guard. "(The escorts) came over here with a very good attitude, and they take their job very seriously."

Security escorts are broken into about nine different groups with various responsibilities around the base. One group will inprocess the workers from the gates, deliver them to their job sites and return them for outprocessing at the end of their day, while others provide escort duties for construction sites, 24-hour work details and gate duty, among other things.

"Basically, no work on base gets done without us," said

## Did you know?

- ✓ During 2003, 30 Whiteman members supported Aerospace Expeditionary missions as security forces augmentees.
- ✓ In 2004, more than 30 Whiteman members will deploy for escort duty.

Staff Sgt. Guenther Bogensperger, who supervises the processing at the gate. He's deployed from Keesler Air Force Base, Miss. "Most of them are just trying to make money and help their families, but of course there (may be some) out there trying to gather information, so we always have to be on our toes."

The security escorts get an information and intelligence briefing from the chief at 7 a.m. From there, they move onto the armory to get their weapons and head out to their job sites.

"I was a little nervous at first, but after getting here and getting started, I actually enjoy it," said Senior Airman Jessica Hernandez, who is deployed from Eglin AFB, Fla. "Most of the (local nationals) are really nice. They'll say to me, 'You are my friend,' and smile and joke around, but we still have to keep our guard up. We are constantly watching their movements [and] their reactions to certain things."

"I wanted to be part of the fight," said Senior Airman Paul DuCharme, who is deployed from Luke AFB, Ariz. "My folks are proud that I'm here doing this, and I'm proud of the job we're doing."

Upon arriving here, the escorts barely got their feet on the ground before they were out performing their service. They attended a security escort training program where part of their training included a use of deadly force class from 332nd Expeditionary Security Forces Squadron Airmen and a local intelligence briefing from Office of Special Investigations agents.

"Within 48 hours of being here, hopefully they've had all of their training classes [and] are ready to go to the job site," Chief Price said. "We try to get it down to a couple days, because we need them right away. They're thrown right into the fire when they get here."

And when the threat level does go up and workers cannot come onto base, the escort's job is not done; they are then in charge of manning towers around the perimeter 24 hours a day.

"It's a good program, and these kids come over here and bust their (tails) for four months," Chief Price said. "They're all over here trying to make a positive impact on the operation."

So even though their job is stressful and the hours are long, the escorts said they revel in the fact that they play an important role in Operation Iraqi Freedom. They are also some of the only Airmen who actually have a daily rapport with the local Iraqis.

"I volunteered to come over here to be part of something firsthand," said Senior Airman Alfonso Santos, who is also deployed from Luke AFB. "I'm proud to be doing this, and it's an important mission. Our group has a lot of fun, but we know when it's time to get down to business, and we do a good job."

## LEADER, continued from Page 2

By Col. Curtiss Petrek

509th Operations Group Commander

What makes a good leader?

Military men and women have probably asked this question since the first soldier took an oath to protect his country. Webster's defines a leader in the simplest of terms: "One in charge or in command of others."

From practical experience, I can tell you that being in charge or in command of others is not simple, especially if you want to be a good leader. Let me offer you some thoughts about leadership that I've learned over the years. These thoughts are an accumulation of things I've heard, read, witnessed and experienced, and have stood the test of time.

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must develop into a good leader. In the area of leadership, just as every other area, an Airman can always improve. Never adopt the attitude that you can't improve your leadership skills. As soon as you think you've completely developed as a good leader, you cease to be a good leader. Leadership is too dynamic for a person to be content with his current skills. Always strive to improve your skills. You will ben-

efit, those who depend on you will benefit, and those you lead will benefit.

One of the first things I realized as a leader is that there never seems to be enough time, money or manpower to get the job done. Ineffective leaders are often overcome by these shortfalls, become discouraged and are surrounded by a "woe is me" aura. A good leader realizes it's his job to take the resources he has and get the job

## Spirit spotlights

The 509th Bomb Wing staff quarterly award winners for July-September were announced. The spotlights are:

... on **Airman 1st Class William Wiltrout**, Wing Staff Airman of the Quarter for July-September.

... on **Tech. Sgt. Annette Keyes**, Wing Staff NCO of the Quarter for July-September.

... on **Master Sgt. Dannette Hall**, Wing Staff Senior NCO of the Quarter for July-September.

... on **Chaplain (Capt.) Dan Forman**, Wing Staff Company Grade Officer of the Quarter for July-September.

... on **Sabrina Parsons**, Wing Staff Civilian of the Quarter for July-September.

## The *Whiteman Spirit* wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper? Let our staff know about it.

For more details, call 687-6133 or e-mail [whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil).

# Leave Web opens more options

By **Melissa Klinkner**

Public Affairs

In 2000, a program originally designed to assist military members in signing up for leave, was created at Scott Air Force Base, Ill. The program, "Leave Web," was soon brought here to be used as a testing site for Air Combat Command.

The secure system, available to all military and civilian employees, can be accessed at any time from a computer on a military domain with Internet access at <https://leave.whiteman.af.mil/leaveweb/login.asp>.

The Leave Web site does more than save time and legwork usually spent on filling out leave forms, said Senior Airman Chris Clohessy, 509th Comptroller Squadron and Leave Web technician. It contains features that diminish frustration caused by lost or deleted travel voucher e-mails by allowing vouchers to be viewed directly from the Leave Web site, giving members more control

and saving a trip across base to the finance office.

"Members will still receive courtesy copies of their vouchers via e-mail, but for archival purposes they'll be able to have their own copy, plus review past vouchers using Leave Web," he said.

Currently, the system archives vouchers going as far back as Aug. 18; however, technicians are working to expand the historical data.

Other benefits of the Leave Web system include reviewing leave history and even checking pay. "Although (this site is) not as accurate as myPay, the Military Pay area gives a very close estimate of projected mid- and end-of-month pay, deductions and taxes," Airman Clohessy said.

Capt. Micheal Fisk, 509th CPTS, agrees with Airman Clohessy.

"Leave Web offers helpful features that weren't previously available to military and civilian members and provides faster, more convenient service," Captain Fisk said.



Photo by Senior Airman Joe Lacdan

**Senior Airman Chris Clohessy, 509th Comptroller Squadron, logs onto the Leave Web site. New features like a travel voucher option have been added.**

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Photo by Airman Jason Burton

**Tech. Sgt. Annette Keyes, 509th Bomb Wing legal office manager and additional duty first sergeant, talks with Staff Sgt. Kasondra Crain, 509th BW about the Whole Person Concept.**

## 1st Sergeant's View

*(Editor's note — The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies and proper military decorum. Each week, a different first sergeant will share their view.)*

**By Tech. Sgt. Annette Keyes**

509th Bomb Wing Legal Office Manager and Additional Duty First Sergeant

Have you ever heard your supervisor, commander or first sergeant talk about the whole person concept?

What is the meaning behind the whole person concept and why is it so important to our careers?

It is in fact an aspect so important to our military lifestyle that it's mentioned on many Air Force forms and publications we use daily.

The Performance Feedback Worksheet, Enlisted Performance Reports and quarterly awards make reference to the whole person concept. Although these forms center on what we accomplished and how that accomplishment was significant, decision-makers also want to know about personal improvement efforts away from the duty section.

Questions arise such as: Are you updated with PME initiatives, continuing education efforts, your noteworthy support of your unit or the community in which you live.

Whether you know it or not, the surrounding community looks to Air Force members as leaders in the community. They expect us to model the ideals and concepts that are consistent with being a good neighbor as well as a privileged member of the world's greatest Air Force. Contrary to the old saying 'never volunteer,' volunteering is an excellent way to

maintain the whole person concept.

The opportunities are endless. You could volunteer to assist with the unit blood drive or holiday committees. The local Big Brothers and Big Sisters program is always looking for people to have a positive effect on young children without proper role models. You could volunteer individually, as a family or as a workcenter.

There's something for every member here. For those E-1 to E-3, you can be a member of the Airmen's Counsel or Airmen Against Drunk Driving. The mid-grade NCOs can volunteer to speak at the Airman Professional Development Courses on a variety of topics pertinent to professional development. Officers have an opportunity to serve in various areas as a member of the Company Grade Officer's Association. Furthermore, the surrounding communities would love to have you serve as coach on a little league team, volunteer at Meals on Wheels, visit the veterans home and offer whatever assistance you can.

Lastly, the whole person concept isn't something that should be compared to a "do list" or a block to be checked off. It should be clearly evident to your supervisor that every aspect of your life — personal and professional — exceeds the criteria of the whole person concept.

You are only limited by your imagination and in taking advantage of possibilities which are endless. You may surprise yourself by learning something new and helping a neighbor at the same time. Neither does being well-rounded have to be time consuming.

Manage your time well. An hour on a meaningful project, or taking a class or two can provide some outstanding results. The important thing is to keep improving yourself, and keep giving your time and talents to worthwhile pursuits.



# THINK FIRST, THEN DON'T DRINK AND DRIVE



# Fire Prevention Week ends with splash



Firefighter Lew Ensor and Airman 1st Class Kevin Barrett, 509th Civil Engineer Squadron Fire Department B Shift, race against the clock to fill the overflow bucket with water during the bucket brigade. A fire muster competition was held in front of entry control point two Saturday. Fire department members competed against local fire departments in several different games for points.



Airman 1st Class David Feters, 509th Civil Engineer Squadron Fire Department A Shift, takes aim at the target during the hose advance. A-shift members won the contest with a time of 1 minute and 14 seconds. The 509th CES Fire Department B Shift finished the hose advance in second place with a time of 1:21. The players were timed at unwinding and connecting three fire hoses, connecting the hoses to a fire hydrant, and turning on the water, then hitting the target.



Members of the 509th Civil Engineer Squadron Fire Department B Shift, call cadence as they round a cone during the boot race. B-shift members won the boot race with a time of 21.06 seconds followed by a Knob Noster Fire Department team, with 21.87 seconds.



The 509th Civil Engineer Squadron Fire Department A-shift tries to move the barrel past Odessa, Mo., Fire Department during the water fight competition. The water fight was the last event during the fire muster, which also included a boot race, a confidence course, hose advance and bucket

brigade. The Odessa Fire Department was the overall winner in the fire muster competition with 37 points. The 509th CES Fire Department B-shift captured second place with 29 points and A-shift finished third place with 27 points.



Eleven fire fighting vehicles participated in a parade to start Saturday's events. Candy, fire hats and key chains were given to children by Smokey the Bear, Sparky the Fire Dog, Nozzle the Clown and 509th Civil Engineer Squadron Fire Department members along the parade route, which ended in front of entry control point two. After the parade more than 150 firefighters from eight local fire departments including Knob Noster, Johnson County, Mo., Pettis County, Mo., Odessa, Mo., Holden, Mo., Concordia, Mo., Higginsville, Mo., and Tipton, Mo., participated in the fire muster.

Photos by Airman Jason Burton



# Dating violence: early warning signs

*(Editor’s note: October is Domestic Violence Awareness month and family advocacy is providing tips on identifying and preventing domestic violence.)*

**By Jeannine Johnson**  
Family Advocacy Outreach Manager

Dating and domestic violence is a nationwide problem that affects people of all economic levels, ages and cultures. Violence can include: physical abuse, verbal abuse, sexual violence, isolation, coercion, harassment, threats and intimidation, emotional withholding, economic control, abusing trust, destruction of property and self destructive behavior.

To help you prevent being caught up in a violent relationship review these following early warning signs. If you see these warning signs in your dating relationship, end it now for your safety!

## Extreme Jealousy

Everyone gets jealous sometimes; the key word is extreme. Both males and females can become extremely jealous. Signs of extreme jealousy are when your partner gets mad when you talk to other people, have good friends, or express warm feelings for anyone else. The jealous person may withdraw, sulk, or become angry and abusive.

## Possessiveness

This becomes a dangerous sign when someone treats you as if you’re a belonging. The possessive person will not want you to share your time or give any attention to anyone else.

## Controlling attitude

This happens when one partner completely rules the relationship and makes the decisions. Your point of view is not important. The controlling partner often tries to tell the other how to dress, who to talk to, and where to go.

## Low-self esteem

People with low self-esteem don’t like themselves very much. In a dating relationship, a person with low self-esteem may say, “I’m nothing without you,” or “You are my world.” These are great lines for songs, but not real life.

## Unpredictable mood swings

Nobody stays in the same mood all the time, but a dramatic shift from being jealous, controlling, or angry to being sweet, charming, and loving is another dangerous sign.

## Alcohol and drug use

Many of the reported violent episodes in dating relationships are carried out when one or both partners have been drinking or doing drugs. Alcohol and drug use lower a person’s self-control, but are not direct causes of violence.

## Explosive anger

Even if you’ve never seen someone being aggressive toward another person, watch out for people who seem to get too angry. These people may hit walls or lockers, yell loudly, call names or actually threaten others with violence.

For more details or assistance, call family advocacy at 687-4342, or visit a domestic violence information booth 9 a.m.-1 p.m. Saturday at the Commissary.

For emergency assistance, call the 509th Security Forces Squadron at 687-3700, or the survival house at 660-429-2847.

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***If you have any  
information concerning a  
crime and wish to remain  
anonymous, call Crime Stop  
at 687-4636.***





Photo by Airman Jason Burton

## High voltage repair

Tech. Sgt. Allen Mimms and Airman 1st Class Brett Saunders, 509th Civil Engineer Squadron Exterior Electric Shop, repair a high voltage sectionalizer switch. Cables to a high voltage termination switch malfunctioned causing arching and power loss to several buildings Wednesday.

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# Whiteman Spirit Award



## Senior Airman Joshua Smith

509th Aircraft Maintenance Squadron

Senior Airman Joshua Smith, 509th Aircraft Maintenance Squadron, received the Whiteman Spirit Award from Col. Chris Miller, 509th Bomb Wing commander, Tuesday.

Chief Master Sgt. Dana Phillips, 509th Aircraft Maintenance Squadron, nominated Airman Smith for volunteering to man an entry control point.

The 509th Security Forces Squadron had to close down an entry control point due to real world commitments.

However, Airman Smith, an SFS augmentee who had just been released from augmentee duty earlier that day, volunteered to help.

"By keeping the ECP open, it prevented personnel from having to talk all the way down to (another) ECP after their long shift, boosting morale," Chief Phillips said.

## Personally Speaking

**Duty title:** Aircraft electro-environmental journeyman

**Time on station:** 2 years, 4 months

**Time in service:** 3 years, 2 months

**Hometown:** Berwick, Pa.

**Hobbies:** Fishing, working on computers and working on cars.

**Goals:** To go to college and get a degree in electrical engineering.

**Best thing about Whiteman:** Having the ability to work directly on the most powerful bomber in the Air Force.

**Pet Peeves:** People who complain when they have to work.

**What motivates your winning spirit?** The satisfaction of accomplishing a certain task at hand so that the mission can be accomplished

**If you could change one thing about Whiteman, what would it be?** I would like to see more of an inventory at the base exchange and a bigger food court.

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## Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the person making Whiteman a better place to live and work by going far beyond his or her assigned duties to "make it happen."

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail [whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil).

## Have a story idea?

Let us know,  
call 687-6133  
or e-mail  
[whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil)



# Small wonder

*A hoop dream that began at the youth center drives Whiteman teen to new heights*

By Senior Airman Joe Lacdan  
Public Affairs

*Thump! Thump! Thump!*

Startled, Cory LaGrow stood up from his bed. The young staff sergeant peered outside the window of his Knob Noster home.

LaGrow, now a master sergeant with the 509th Logistics Readiness Squadron, squinted as he looked outside his window and saw his 6-year-old daughter, Ashley, dribbling a basketball around the driveway.

"I would say, 'C'mon Ashley it's time for bed,' said Sergeant LaGrow, the 509th LRS superintendent of readiness. "She'd say, 'Just a few more shots.'"

Cory nodded his head and returned to bed. He knew his daughter's thirst for physical activity.

Even as a toddler, she had the same spirit.

A two-year-old Ashley would tackle her father as he watched college football games. When she turned 3, she often drew the concern of neighbors, climbing a tree outside of their Michigan home. Cory and his wife, Jill, a retired master sergeant, wondered what to do with their energetic daughter.

"(Ashley) climbed before she could walk," Jill said.

When the LaGrows moved to Missouri, Cory knew Ashley needed something to channel her energies.

He introduced her to basketball. Instantly, Ashley said she warmed to the sport, and Cory supported his daughter by taking her to the youth center gym three to four times a week — Ashley found her niche.

"It was the inner love," said Ashley, now a 17-year-old senior guard at Knob Noster High School. "When you find something you can't live without, it ... hooks you."

One spring afternoon Cory came home with a new basketball hoop, and Ashley spent countless days shooting.

She grew up idolizing Michael Jordan, WNBA player Sheryl Swoopes and the Tennessee Volunteers' women's basketball team.

Growing up in tiny Knob Noster, there were no

basketball leagues for young girls, so Ashley began playing with boys at the Whiteman Youth Center.

She said playing against the opposite sex didn't faze her. She dribbled around them. Scooped in layups. She even made no-look passes.

"(Basketball) came real natural to her," Cory said. "At times, I didn't realize how good she was. Some of the things she did, would amaze my wife and I."

While Ashley became addicted to basketball, Cory became hooked on helping her develop her skills. He spent hours rebounding as they shot in the driveway of their Knob Noster home, where the family has lived for 11 years. Cory would continue to support Ashley, analyzing video tape, cheering her on during games, and making long summer drives across the state to basketball camps.

"Ash, watch your dribble," Cory would say. "No, Ash, like this."

Each time Ashley stepped onto a basketball court, Cory would be sitting in the bleachers. But for one year, Cory couldn't attend her games.

In 1999, Sergeant LaGrow was eligible for a permanent change of station. He and his wife loved the small-town community and the Knob Noster School District. Cory volunteered for a remote duty assignment at Osan Air Base, Republic of Korea, so that he could choose to remain at Whiteman.

Ashley, then 12 years old, had to grow up a little quicker. She helped her mother look after her two younger siblings. But she would have to play basketball, seemingly alone.

During games the seventh grader pretended her father was there, and imagined what he would tell her to improve.

Ashley collected video tapes of her games in a box and sent it to Cory in Korea.

"It was really hard not having your No.1 fan there," Ashley said. "It was hard to talk to him over the phone about a game he couldn't see."

When Cory returned, he saw his daughter needed to adjust her playing style.

Ashley's natural aggressiveness and ability to drive the lane carried her as a youth. But as a 14-year-old, she met her match during her first amateur basketball game at Lake of the Ozarks, Mo.

Taller, faster defenders challenged her.

"C'mon," they said.

Never one to back from a challenge, Ashley said she streaked down the lane, only have her shot swat-



Courtesy photo

**A 6-year-old Ashley LaGrow at the youth center in 1993.**



Photo by Senior Airman Joe Lacdan

**Ashley LaGrow, daughter of Master Sgt. Cory LaGrow, discovered basketball as a 6-year-old playing at the Whiteman Youth Center. Twelve years later, the Knob Noster High School senior has earned an athletic scholarship to play basketball at Central Methodist University in Fayette, Mo. Sergeant LaGrow is a member of the 509th Logistics Readiness Squadron.**

See LAGROW, Page 19

## Fun running

Runners begin the Combined Federal Campaign fun run as 2nd Lt. Darice Kiefer (far left) blows the whistle to start the race Oct. 8 at the fitness center. The six participants were Justin Falcon, 509th Operations Support Squadron; Clarence Rice 509th OSS.; Todd Hults, 509th Medical Support Squadron; Kari Miller, 509th Aircraft Maintenance Squadron; Neil Bass, 509th Civil Engineer Squadron; and John LeBaise, 509th CES. The runners ran one mile to raise funds for CFC. The winners received a free ride on the MH-53 helicopter courtesy of the 1st Battalion, 135th Aviation, Missouri Army National Guard.



Photo by Senior Airman Joe Lacdan

# LAGROW,

## Continued from Page 18

ted back at her. Minutes later she tried again. And again. Each time, her shot would be rejected or she would be sent crashing to the floor.

It was then, Ashley began working on the rest of her game: the mid-range jump shot, three-point shot, and finding open teammates.

“I wasn’t used to getting my shot (blocked),” Ashley said. “(I) had to learn how to fake and how to do a reverse pivot. I became more attuned to the game on how to use their moves against them to get the open shot.”

Developing her perimeter and passing skills were crucial, because, standing only 5 feet 6 inches, she moved to the perimeter as a point guard for Knob Noster High School girls basketball team. Her skills flourished, and she made the Missouri Valley’s all-conference team as a junior last winter. She averaged better than 12 points a game playing in the shadow of the Panthers’ all-state forward Lindsey Maple, now at Central Missouri State University.

“My dad says I’m a little person, but I have a big heart,” Ashley said.

Ashley and her teammates hit an emotional high during her junior season when the team took on Oak Grove, a school with twice as many students and was the No. 4 ranked team in Missouri. Ashley hit a crucial shot and made two free throws down the stretch to help the Panthers edge Oak Grove 63-60.

A drive to succeed fueled her skills to new levels. During a game against Holden, Mo., the Panthers trailed by one with six seconds left, when a Holden player fouled her. Ashley missed both free throws. After leaving a stoic locker room, Ashley broke down.

“She cried the whole way home,” Cory said.

When she returned home she spent hours shooting free throws. Once only a marginal free throw shooter, she now makes better than 72 percent from the line.

She drew the interest of several Division II, Division III and NAIA schools. Ashley chose Central Methodist University in Fayette, Mo., because of its Christian community and because she liked the players and coaching staff. She signed a National Letter of Intent to play women’s basketball for the NAIA school, Sept. 28.

“She’s a very good passer and sees the floor very well,” said CMU coach Doug Fessler. “She (is) a good team leader. We always look for individuals who can bring positive leadership to the program.”

She plans to major in criminal justice, education or mass communications.

Wherever her basketball career will take her, she said she will also take with her memories of playing basketball at the youth center and the days shooting in her driveway with her dad.

“It’s a love that’s always been with me,” she said.



### Intramural Flag Football (As of Wednesday)

<i><b>Team</b></i>	<i><b>Won</b></i>	<i><b>Lost</b></i>
OSS	5	0
Delta	5	1
Alpha	5	1
AMXS A	5	2
MXS	5	3
LRS	5	3
AMXS B	4	3
MUNS	4	3
CES	3	2
CS	3	3
MED	1	5
Tigers	1	5
BW/MSS	0	4
442	0	6
CPTS	0	7



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## Education

### Commissioning forum scheduled

An enlisted commissioning forum takes place 12:30-1:30 p.m. Oct. 28 at the base education and training center. This forum is for enlisted members seeking a commission in the Air Force, or with questions about ROTC and officer training school. Reservations are required. For more details, call 698-2420.

## Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

### Pre-retirement briefing set

A pre-retirement briefing for people retiring from the military begins at 9 a.m. Monday. For more information, call the MPF at 687-1500.

### WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and

children who have nutritional needs. For more details, call the WIC office in Warrensburg at 660-747-2012.

### FSC offers financial refresher

A financial briefing for senior airmen and below not attending the First-Term Airmen Center begins at 1 p.m. Tuesday. Reservations are required.

### Pre-Deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

## Community

### Fund-raiser fun run/walk

The Warrensburg Veteran's home hosts its second annual Run for Freedom 5K run/poker walk fund-raiser. The event is scheduled to take place 9-11 a.m. Saturday at the Warrensburg Veterans home.

All Whiteman personnel are welcome. Funds will be used for a new bus for veterans home. Registration fees for the run are \$20 and \$15 for the poker walk. For more details, call Staff Sgt.

Richard Clark at 687-3915, or Vonda Addleman at 660-543-5064.

### Sign up for Cub Scouts

Sign ups are now available for boys in first through fifth grade who are interested in getting involved in Cub Scouts. For more details, contact Sarah Roy at 563-9715.

### Wheelmobile spins onto base

All valid DOD ID card holders will receive a chance to audition for "Wheel of Fortune." The Wheelmobile comes here Monday. People can attend a show anytime between 2-6 p.m. that day at the Missouri Army National Guard Armory, 1 Attack Ave. Applications will be distributed beginning at 1 p.m.

In April 2005, Pat Sajak and Vanna White will tape 15 episodes in Kansas City, Mo., which begin airing in May. Watch for more details in the base newspaper and on the Commander's Access Channel, Ch. 99 on base only.

### Sign up for Boy Scouts

Sign ups are now available for boys in sixth through 12th grade who are interested in getting involved in Boy Scouts. For more details, contact Sarah Roy at 563-9715.

## Menus

### Knob Noster Elementary School

**Monday:** Sloppy Joe, salad, Jell-O and pears  
**Tuesday:** Chicken nuggets, green beans, an apple and a cookie  
**Wednesday:** Salisbury steak, mashed potatoes, peas and a banana  
**Thursday:** Grilled cheese sandwich, tomato soup, fruit, chew and trail mix  
**Friday:** No school

### Whiteman Elementary School

**Monday:** Nachos and ground beef, spinach, salad and yogurt  
**Tuesday:** Pizza, salad, corn and fruit cobbler  
**Wednesday:** Chicken, mashed potatoes with gravy, carrots, fruit and a roll  
**Thursday:** Beef stew, salad, pudding, a cookie, and bread or a biscuit  
**Friday:** No school



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Services Page editor.....Stacey Schindler  
509th Services Squadron.....687-4386  
\*No federal endorsement of mentioned sponsors intended.

## TRAVEL & LEISURE

### Tickets & Travel 687-5643



#### Haunted house combo tickets

Contact Tickets & Travel to purchase combo haunted house tickets to see The Edge of Hell and The Beast haunted houses for \$30. Call Tickets & Travel for more details.



#### The Pirates of Penzance

The Pirates of Penzance is here at the Kansas City Repertory Theatre until Oct. 24. Ticket price may vary; contact Tickets & Travel for more details.

## SPORTS & RECREATION

### Fitness Center 687-5496

#### Get fit on Route 66

Participate in the quarterly incentive program to get fit on Route 66 now through Dec. 31. Each participant will travel the distance from Chicago to Santa Monica, Calif., using designated cardio equipment: cross trainer, treadmill, stationary bike (up right or recumbent) or the stair climber. Call the fitness center for more details.

### Stars & Strikes 687-5114

#### Opposite-hand tournament

Bowl in a tournament with the opposite hand that you normally use beginning at 5 p.m. Saturday at Stars & Strikes. This \$10 special includes; three games of bowling and shoe rental. People can win the money collected from the tournament; prizes are awarded to first-, second- and third place winners. Call Stars & Strikes for more details.

### Outdoor Recreation 687-5565



#### Crappie tournament

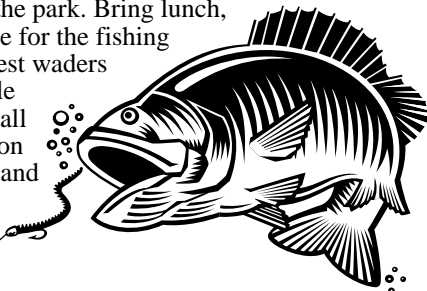
The third annual fall crappie tournament takes place 7:15 a.m.-3 p.m.

Saturday at Long Shoals Marina in Warsaw, Mo.

There is a \$25 registration fee for a two-person team. Cash prizes will be awarded to the biggest fish and to first, second and third places. Call outdoor recreation for more details and to sign up by Monday. Sponsored in part by Speedway Chevrolet.\*

#### Fly fishing

Learn how to fly fish 8 a.m.-5 p.m. Oct. 23 at Bennett Springs State Park in Lebanon, Mo. A \$5 fee includes transportation and a \$3 trout permit must be purchased at the park. Bring lunch, pole and tackle for the fishing adventure. Chest waders will be available upon request. Call outdoor recreation for more details and sign up by Thursday.



## HALLOWEEN EVENTS OCTOBER 30TH

### 5-6 P.M. TRICK-OR-TREAT

AT THE WHITEMAN INN, MISSION'S END, FITNESS CENTER, STARS & STRIKES, LIBRARY, OZARK INN, TEEN CENTER, AUTO SKILLS, BX AND COMMISSARY.

4:30-5:30 P.M. PUMPKIN KICK AT THE FITNESS CENTER

5:30-7:30 P.M. BOO BASH AT THE COMMUNITY CENTER

8 P.M. YOUTH COSTUME CONTEST AT STARS & STRIKES

11 P.M. ADULT COSTUME CONTEST AT STARS & STRIKES

7 P.M.-MIDNIGHT TEEN PARTY AT THE TEEN CENTER

Sponsored in part by Services, UMB, Gatorade and Speedway Chevrolet.\*



## COMMUNITY ACTIVITIES

### Family Child Care 687-5590/1180

#### Profitable home-based career

Caregivers are needed for evenings, weekends, swing-shift workers, infants and for mildly-ill children. The Air Force offers a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125-\$150 a week per qualifying child.

### Youth Center 687-5586

#### Youth basketball registration

Kindergartners through seventh graders can register for basketball 6:30 a.m.-6 p.m. by today at the youth center. There is a \$30 fee for members and \$38 fee for nonmembers. Late registrations may be taken if space is available with a \$10 late fee. Children must be 5 or older to be eligible to register. Call the youth center for more details.

#### Ooey gooey night

Take part in gooey activities 6:30-9:30 p.m. today at the youth center. Enjoy homemade Gak, jell-o eating contest, finger painting; so don't wear nice clothes. There is a \$5 fee for members and a \$6.50 fee for nonmembers. Call the youth center for more details.

#### Sports Town Hall meeting

Parents are welcome to the community center 6-8 p.m. Monday and discuss youth sport concerns, programs and seasons. Call the youth center for more details.

#### Fall harvest day

While parents are at teacher conferences, kindergartners through 12th graders are welcome for an old-fashioned fall harvest at the youth center 1-4 p.m. Oct. 22. Enjoy hay rides, seed spitting, sack races and more at this free event. Call the youth center for more details.

### Library 687-5614

#### Story writing contest

On Young Readers Day, first through fourth graders can participate in a story writing contest and learn how to make a story into a book beginning at 5:30 p.m. Nov. 9 at the base library. Call the base library or visit their Web site at <http://www.WhitemanAFBlibrary.org> for contest rules. Sponsored in part by Speedway Chevrolet.\*

### Teen Center 687-5819

#### Movie night

Teens can watch a movie with their friends 7-10 p.m. today at the teen center. Popcorn is provided at this free event.

#### Make a Difference Day

Teens can get involved with community service 1-4 p.m. Oct. 23 at the teen center. Sort, clean and

### Community Center 687-5617

#### Friday night jammin' down

The community center invites base musicians and bands to bring their instruments and jam 7-10 p.m. today. Refreshments will be provided. Call the community center for more details about this free event.

#### Family and teen talent contest

Enter in this family friendly talent contest to sing, dance and perform at 7 p.m. Oct. 22 at the community center. Get the opportunity to compete at world-wide Air Force level via video tape. Call the community center for more details and sign up by Monday. Sponsored in part by Speedway Chevrolet.\*

### Skills Development Center 687-5691

#### Framing class

Take a refresher framing class 10 a.m.-noon Saturday at the skills development center. There is a \$20 fee. Call the skills development center for more details; sign up by today.

#### Pottery on the wheel

Take a beginners three-session pottery class 9 a.m.-noon Saturday, Oct. 23 and Oct. 30 at the skills development center. There is a \$30 fee plus the cost of clay and glaze. Call the skills development center for more details; sign up by today.

### Veterinary Clinic 687-2667

#### Safety tips for your pets

Halloween can be a hairy experience for pets. These safety tips can protect them during the month of goblins and ghosts: don't dress pets in costumes unless you know they enjoy them; it may cause stress on the animal. Keep posted for more tips in the Oct. 22 issue of the *Whiteman Spirit*. Call or visit the veterinary clinic for more information.

## FOOD & FUN

### Mission's End 687-4422

#### Karaoke

Enjoy karaoke 8 p.m.-midnight today in the Lavene Lounge at Mission's End.

#### ACC \$1 breakfast

Members only, bring your family for a \$1 breakfast 6-8 a.m. Tuesday at Mission's End. Enjoy scrambled eggs, sausage, hash browns, biscuits and gravy, fruit, coffee and orange juice.